

2011 Military Health System Conference

Air Force Resiliency Program Overview

The Quadruple Aim: Working Together, Achieving Success

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What is Resiliency?



- **Resiliency: “Is the ability to withstand, recover and or/grow in the face of stressors and changing demands.”**

Source: *DCoE for Psychological Health and Traumatic Brain Injury*

Good
resilienc
e is like
a rubber
band...



Bouncing
back is
good
adjustment
and a great
way
to handle

Resilien
cy
usually
leads to
good
outcom

Stress Continuum



READY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> • Good to go • Well trained • Prepared • Fit and tough • Cohesive units, ready families 	<ul style="list-style-type: none"> • Distress or impairment • Mild, transient • Anxious or irritable • Behavior change 	<ul style="list-style-type: none"> • More severe or persistent distress or impairment • Leaves lasting evidence (personality change) 	<ul style="list-style-type: none"> • Stress injuries that don't heal without intervention • Diagnosable • PTSD • Depression • Anxiety • Addictive Disorder



AF Resiliency Program



Airman

**Deployment
Transition
Center**

Education

Training

Working Groups

Research

Family

**Social
Connections**

**Leisure
Programs**

Education

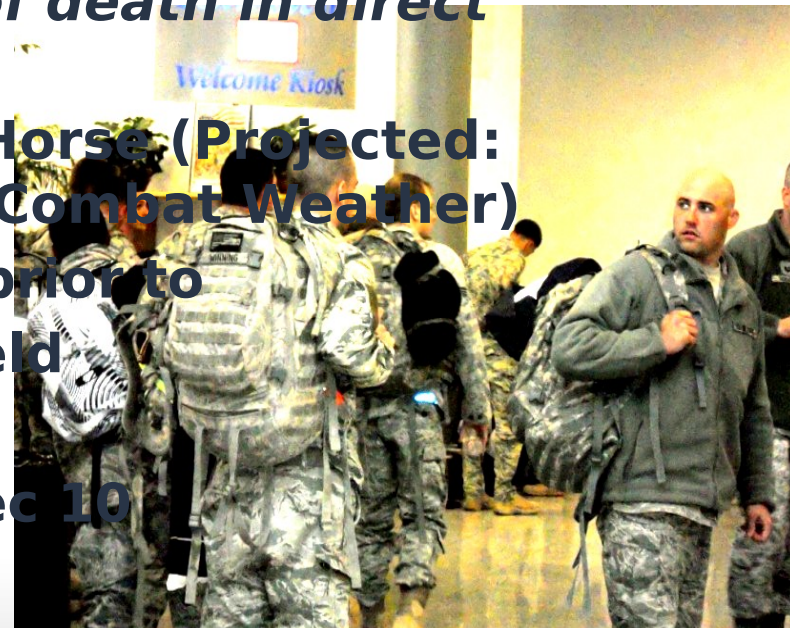
Working Groups

Research

Deployment Transition Center



- **Deployment Transition Center (DTC): Stood up 1 Jul 10**
 - **Location: Ramstein AB**
 - **Purpose: Decompression/reintegration (not mental health)**
 - **Attendees: Teams of three or more *“regularly exposed to significant risk of death in direct combat”***
- **SF, EOD, Combat Convoy, Red Horse (Projected: Medical OTW, K9 Teams, Intel, Combat Weather)**
- **Identified for DTC attendance prior to deployment by FAM/Career Field**
- **Program for individuals/pairs**
- **1,055 attendees through 31 Dec 10**



Resiliency Strategy



- **Resiliency Workshop: Held 20-24 Sep 10, Andrews AFB**
 - **30 MAJCOM and HAF reps, Sister Services**
 - **University of North Carolina**
 - **Dr. Gary Bowen, Professor of Sociology**
 - **Defense Centers of Excellence**
- **Developed AF Resiliency “Strategic Roadmap”**
 - **Living document**
 - **Sub-working groups to conduct gap analysis, research best practices, develop model, measures, delivery platforms, etc.**

Air Force Resiliency Roadmap



U.S. AIR FORCE

Air Force Resiliency Roadmap

Mission: Build and sustain a resilient Air Force Community that fosters mental, physical, social and spiritual fitness.

Vision: A resilient Air Force Community ready to meet any challenge

Resilient Airman

Physical
Fitness

Mental
Fitness

Social
Fitness

Spiritual
Fitness

Optimize
Financial
Resources

Expand
Dedicated
Funding

Improve Program and Service Delivery

Improve/
Expand Training

Improve
Communications

Improve
Collaboration

Enhance
Training
Infrastructure

Leverage
Technology

Provide
Management
Oversight

Tiered Sustainment Training Model



Tier 1: Targeted + Tracked

CST
DTC

Tier 2: Targeted Intervention & Training

Mandatory Training
ART, CDE, DEFED

Tier 3: Everyday Stresses & Training

Exercises, Inspections & CC Calls
Unit Safety Briefs, Financial classes, PHAs
Family Advocacy, Chaplain Services, CBTs

Foundational Training



BM
T



Tech
Trng



ROT
C



OTS



AFA

INTEGRATED DELIVERY SYSTEM (IDS)



Strong Wingman Culture Ensures Airman Resiliency

2011 MHS Conference

Collaboration



- **Networking with other agencies - Studies/Validation**
 - **Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury (dedicated resiliency section)**
 - **Providing subject matter experts to sub working groups**
 - **Conducting two Program Reviews for each service**
 - **ACC/AMC Comprehensive Airman Fitness & SFs Defender's Edge (mental health program for SF Amn)**
- **RAND Study:**
 - **Research/document existing and developing programs and policies aimed at promoting resiliency**
 - **Recommend methods to measure resiliency**
 - **Evaluate data on AF members and their families**

Family Resiliency



- **Air Force has a long tradition of taking care of families**
 - **“Resiliency” efforts embrace the family arena**
 - **Efforts underway:**
 - **Key Spouses: Support and Resiliency Inventory for spouses (SRI-S) will be completed by the 4K reps on all bases 28 Feb -10 Mar 11**
 - **Spouses will complete on-line survey to provide feedback on usefulness/helpfulness of SRS-I in assessing individual resiliency**
- **AF Teen Council: First-ever AF-wide Teen Leadership Council kicked off 6 Jan 11 with conf call**
 - **Focus: Collect info affecting teens; address issues**
 - **Annual Youth of the Year Award Ceremony and Teen forum, Aug 11, Pentagon/DC**

Caring for People



- **Caring for People Forum (CfP)**
 - **May 10, AF/CAIB approved base-level CfP forums; broad base (officer, enlisted, single airmen, reserve, guard, etc.) to discuss community issues**
 - **Top issues will flow to MAJCOMs; issues beyond MAJCOMs to be addressed by AF CfP Forum, Jul 11**
- **Leaders Role**
 - **Be proactive; build resiliency before problems occur**
 - **Know your people; be able to detect changes, be involved**
 - **Know your resources/programs; be able to refer them to the appropriate Airmen, Family, Chaplain or Medical POC**
 - **Nominate the right people to attend DTC**

The Way Ahead



- **Formal training: target accession points with psychological learning objectives**
- **Evaluate resiliency programs for possible AF-wide implementation via RAND study**
- **Hire 71 Community Support Coordinators**
- **POM for HAF/MAJCOM and DTC manpower (19 positions)**

Questions?



- ???